

Wave I - Discovery

Discovery introduces the Mind Awake/Body Asleep state (Focus 10) and other "mental tools" to help you experience states of expanded awareness. You are lead from your physical waking state into deep relaxation and then into unexplored levels of your consciousness. Discover new potentials in thought and action as your total self becomes your personal gateway into profound forms of perception.

Wave I learning:

Orientation - Introduction and Focus 3

- **Energy Conversion Box** - your "mental" container to hold concerns, distractions or interferences while using Hemi Sync
- **Affirmation** - focuses your intention and attention
- **Resonant Tuning** - accelerates the gathering of your vibrational energy while reducing internal dialogue.
- **Focus 3** - where your brain and mind are more coherent, synchronized and balanced.
- **Return to Full Waking Consciousness** - strong audio signal. The more completely you come "back" from each exercise, the further you can go into the next.

Intro Focus 10 - establish the state of mind awake/body asleep

- **Focus 10** - Your mind remains awake and alert while your body sleeps calmly and comfortably. "Look with closed eyes"
- **Health Affirmation** - Helps you balance physical and nonphysical energies.

Advanced Focus 10 - expand perception and learn greater control of personal energy.

- **Resonant Energy Balloon (REBAL)** - create a high energy state within and around you.

Release and Recharge - detach from old fears and negative emotions

- **Release and Recharge** - release and convert self-imposed limits resulting from the encrustation of negative emotions.

Exploration, Sleep- techniques for expanding and exploring while asleep

- **Exploration, Sleep** - Sleep is a natural Gateway into other states of consciousness. Be open to non-physical experience.

Focus 10 Free Flow - experiment with all tools learned in Wave I. - create your own experience and pursue your own purpose with the tools you have just learned.